

# Kale, Swiss Chard and Edamame Soup

**Makes:** 6 or 50 servings

Ingredients	6 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Olive oil, extra virgin		1 tsp		1/4 cup
Onion, chopped		1/8 cup		3/4 cup
Celery, chopped		1/4 cup		1 cup
Garlic, fresh chopped		1 tsp		2 Tbsp
Carrots, frozen, sliced	7 oz		2 1/2 lb	
Swiss Chard, chopped, fresh		1/4 cup	1 lb	
Kale, chopped, fresh, stems removed		1/4 cup	1 lb	
Canned, diced tomatoes with juice	4 oz		2 lb	
Red potatoes, fresh, diced		1/4 cup	1 lb	
Peas, frozen		1/4 cup	1 lb	
Vegetable stock		1 tsp		1/4 cup
Edamame beans		1/4 cup	1 lb	
Water		1 cup		1 gal
Salt-free seasoning		1/2 tsp		1 Tbsp
Yellow squash, diced		1/4 cup	1 lb	



## Directions

1. Heat olive oil in large pot and saute onions, celery and garlic until soft.
2. Add water and vegetable stock.
3. Add remaining vegetables and bring to a boil.
4. Turn down heat and simmer one hour.
5. Season with salt free seasoning.